ZONY A RARE BREED
ZEBRA-PONY CROSS TURNS HEADS {page 6}

BUSTED
PARIS FACES DRUG CHARGES AGAIN
DISH {page 21}

TORONTO metro®
Monday, August 30, 2010
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Emmys. Closer

▶ Actress Kyra Sedgwick poses with the award for outstanding lead actress in a drama series for her work on The Closer last night during the 62nd Primetime Emmy Awards. More coverage, page 14. For a full Emmys recap, visit metronews.ca.

CHRIS PIZZELLO/THE ASSOCIATED PRESS

Man shot and killed by police

- Victim died in Sunnybrook Hospital at 4:07 p.m.
- 11 Special Investigations Unit officers assigned to case

A 25-year-old Pickering man is dead following a shooting involving a Toronto Police officer in the city's east end yesterday afternoon.

Special Investigations Unit spokesperson Monica Hudon said the incident happened after police, called to a TTC bus on Victoria Park Avenue, stopped the bus near Victoria Park Avenue and Biscayne Boulevard, north of Eglinton Avenue East, at around 3:10 p.m.

Reyal Jensen Jardine-Douglas, who witnesses said was armed with a knife, came out of the bus and had an interaction with police before he was shot.

According to reports from the scene, the man had been involved in a confrontation on the Victoria Park No. 24 bus before police were called to the scene.

Chris Barry was walking his dog at the time of the shooting.

Barry, who lives in a Victoria Park Avenue building, watched as officers approached a man who had come off the No. 24 bus. Barry said police cars had the bus boxed in.

Barry said the man would not drop a knife he had in his hand, then police shot him three times.

"That police officer did his job. It wasn't a dirty shot like other people are saying."
CHRIS BARRY, WITNESS

"That's when everything got crazy and they dispersed the public," he said.

Another witness, who did not wish to be identified, said she heard the incident take place behind her apartment and rushed outside when she heard police scream, "Get on the ground!"

She said three shots rang out after police shouted another warning to a man running off a Victoria Park bus.

The woman described how the man hit the ground and was shot twice more when he was told to put his hands on his head.

"The cops shot him five times, I'm 1,000 per cent positive on that," she said.

Ontario's provincial police watchdog, the Special Investigations Unit, has taken over the investigation.

The SIU is called in on all cases of serious injury, death or sexual assault involving police.

TORSTAR NEWS SERVICE

Barking up the provincial tree

Dog owners protest 'inconsistent' law {page 4}

Tigers take a bite out of Jays

Toronto thumped by old-school rivals from Detroit {page 30}

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Underwear Affair raises $577,000

On Saturday, 881 participants dressed down to their skivvies to help shed light on cancers below the waist.

North York General Hospital's Underwear Affair, presented by Mark's Work Wearhouse, a 10-km run/five-km walk, raised more than $577,000 for the hospital's Cancer Care Program.

The Underwear Affair supports cancers that are often deemed taboo, yet cervical, colorectal, testicular and ovarian cancers are among the most commonly occurring cancers in Ontario. METRO

PHOTO COURTESY NORTH YORK GENERAL HOSPITAL

▶ Underwear Affair participants.

Cop union not ready to back candidate

The head of Toronto's police union says he is not yet endorsing a candidate in the mayoral race — but he stands by the association's right to do so.

"We're waiting to see when all their platforms roll out," said Mike McCormack, president of the organization that represents 2,200 civilian and 5,250 uniformed members of the Toronto police.

"If they have policies and platforms that we think are positive in regards to law enforcement and public safety, we'll look at that, but not individual candidates."

TORSTAR NEWS SERVICE

BuskerFest. Award

▶ Mackenzie Muldoon of Scotiabank BuskerFest, left, and Jodi Brown of Metro, right, present the People's Choice Award to the Quebec Russian Bar Trio (Marco Dieckmann, Christine Bedard and Yves Gagnon) yesterday at the festival's finale.

JOHN R. KENNEDY/FOR METRO TORONTO

Busking trio crowned people's choice

Jail advised for autistic teen: Mom

Woman met with Greg Sorbara, hoping the MPP could help get her son immediately placed in an appropriate treatment facility

A co-founder of the Ontario Autism Coalition says a Liberal member of the legislature told her she should have her aggressive autistic son jailed to get better treatment for him.

Susan Fentie-Pearce said Greg Sorbara told her to either have her 14-year-old son Keith charged with assault so a judge could order treatment, or sign custody over to the Children's Aid Society.

"I was beyond stunned," the mother of four said in an interview yesterday from her home in Maple.

Keith Fentie

▶ Fentie-Pearce said Keith, who is five-feet-five and 145 pounds, now weighs more than she does. He doesn't speak, but types and uses sign language and is highly intelligent, she said.

Fentie-Pearce, a nurse and Progressive Conservative supporter, said the former Liberal finance minister made the suggestions when she and her husband, Ken, had an hour-long meeting with Sorbara at his suburban Toronto constituency office Friday.

Sorbara did not immediately return emails and phone calls yesterday.

Fentie-Pearce says her son has punched, kicked, knocked her down and pulled out her hair in "lightning-quick" attacks over the last several weeks.

Her son has been on an emergency waiting list for a group home placement since January.

He is on medication, but his aggressive behaviour recently escalated.

THE CANADIAN PRESS

RICK MADONIK/TORSTAR NEWS SERVICE

▶ Susan Fentie-Pearce with a photo of her son, Keith.

Cyclists hold ride in honour of dead courier

About 40 Toronto cyclists took part in a memorial ride for a bike courier who died after an altercation with a car driven by former Ontario attorney general Michael Bryant. The cyclists wanted to remember Darcy Allan Sheppard and hoped their ride would create safer streets.

Sheppard, 33, latched onto Bryant's car last fall and died after falling under the vehicle.

Charges against Bryant were withdrawn this year after prosecutors concluded there was little chance of a conviction. It was concluded that an enraged Sheppard attacked Bryant and the former cabinet minister was legally justified in trying to get away

THE CANADIAN PRESS

FACEBOOK.COM

▶ Darcy Allan Sheppard

News in brief

Long lineup at FanExpo

CONVENTION. Superheroes, video game characters and trekkers spent yesterday wishing they could get beamed up straight into the FanExpo convention in Toronto. Demand to get inside was so high, hundreds of fans lined up for hours around a city block to try to get into the convention.

Hydro strike averted

LABOUR. The plug has been pulled on a provincewide strike that had been set for today in Ontario's electricity transmission sector. The Labourers' International Union of North America has reached a settlement with the Electrical Power Systems Construction Association, which represents the owners of Hydro One and other electricity contractors.

THE CANADIAN PRESS

1 news

News on the move

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3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca

Kenya Hunt's street style spots chocolate accessories in London. More at metronews.ca/blogs

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Trapped miners will move thousands of tons of rock to aid their own escape.

Owners barking at provincial law banning pit bulls

- **Dog owners say breed-specific law is inconsistent**
- **Certain breeds born after 2005 must be put down**

Ontario's controversial ban on pit bulls — now five years old — is under fire once again as a coalition of dog-loving groups rallied yesterday to support a local MPP's efforts to have the law changed.

"They're ripping family pets away from people based on very vague legislation," said Rui Branco, who successfully fought the City of Brampton earlier this year by proving his dog, Brittany, was not a pit bull.

The American bulldog-boxer mix was seized and held by the city for three months before an independent veterinarian was able to determine it was not a pit bull.

TORSTAR NEWS SERVICE

▶ Bandit, a pit bull-cross, was euthanized.

"An animal control officer looked at her and said she was a pit bull. Then she was taken away from us."

A few hundred people and dozens of muzzled pit bull-type dogs gathered at Coronation Park to protest Ontario's ban on pit bulls and to demand the repeal of "breed specific legislation."

The Dog Owner's Liability Act was amended in 2005 to ban the breeding, sale and ownership of pit bulls. But since "pit bull" is not a specific breed of dog, the province's definition includes pit bull terriers, Staffordshire bull terriers, American Staffordshire terriers, American pit bull terriers and any dog "that has an appearance and physical characteristics that are substantially similar" to those breeds, such as large heads, broad shoulders and muscular builds.

TORSTAR NEWS SERVICE

MINI. Invasion

▶ MINI enthusiasts get ready to participate in the MINI Invasion rally yesterday.

ROGER CULLMAN/FOR METRO TORONTO

They're small, but there were lots of them

More than 500 MINIs visited 15 rally points across the GTA as part of the MINI Invasion Rally.

First Nations want a say

First Nations want a say in the preservation of important archaeological sites in Ontario. The province must ban the bulldozing of important native sites by developers without the consultation or even notification of First Nations people, says a spokesperson with the Huron-Wendat nation. **TORSTAR NEWS SERVICE**

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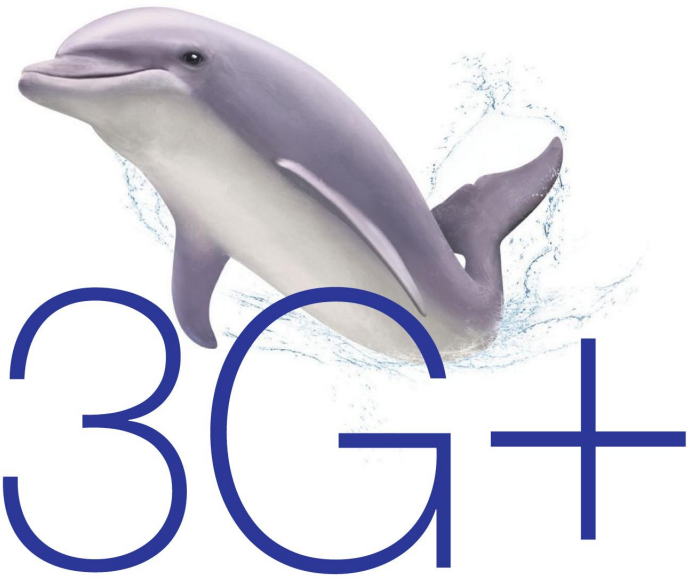

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Toronto Eaton Centre
Toronto Exchange Tower
Woodbine Centre
Yorkdale Mall
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2187 Queen St. E (The Beach)
2365 Yonge St. (north of Eglinton)
2899 Steeles Ave. W
720 King St. W
455 Danforth Ave.
25 Davenport Rd.
727 Bloor St. W
1061 St. Clair Ave. W
29B St. Joseph St.
1500 Royal York Rd.
1750 The Queensway
980 Albion Rd.
2610 Weston Rd.
5050 Dufferin St.
1184 Kennedy Rd.

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Mapleview Mall
Milton Crossroads Centre
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Brampton
Bramalea City Centre
55 Mountainash Rd. (Springdale Sq.)
2880 Queen St. E (Hwy. 7 & Airport Rd.)
80 Pertosa Dr.

Mississauga
Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
2458 Dundas St. W
6535B Mississauga Rd.
3024 Hurontario St.
6200 Dixie Rd.
34 Bristol Rd. E
4920 Tomken Rd.

Oakville
Oakville Place
18 - 2501 Third Line
760 Pacific Rd.

NORTH

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Markville Shopping Centre
Pacific Mall

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Richmond Hill
Hillcrest Shopping Centre
11005 Yonge St.

Thornhill
Promenade Mall
7171 Yonge St. (Galleria)
7378 Yonge St.

Vaughan
Vaughan Mills Outlet Mall
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Zebra-pony cross a rare breed

Owner says animal eats and acts like the centre's eight other horses — save for a 'little bit of a wild streak'

He's a horse of a different stripe.

With a zebra dad and a pony mom, he's a "zony" and one of only two such crossbreeds in Canada, his proud owner Debbie Williams says.

The new addition to the Heartland Equestrian Centre riding and boarding stables near Whitby is even more unusual because of his all-over stripes — mocha bands on a dark chocolate background — that extend even into his Mohawk. Zonies usually just have markings on their legs or part of their body, Williams said.

He was an unplanned purchase at an auction in Claremont two months ago.

"The zony came in and I was thinking, 'I've never seen anything like that — he is one cute pony.'" Her hand went up and "next thing I knew I owned a zony."

The six-year-old was born in Texas and wound up at a horse farm in Quebec where he spent the last few years.

Apart from a fondness for ginger snaps, he eats and behaves like the eight other horses at the centre in the hamlet of Ashburn.

TORSTAR NEWS SERVICE

The zony is nameless, but Williams is taking suggestions at heartlandequestrian.ca.

CAROLA VYHNAK/TORSTAR NEWS SERVICE

▶ Half-zebra, half-pony, this young "zony" at an equestrian centre in Whitby is believed to be one of only two such hybrids in Canada. Owner Debbie Williams and her son Mark, 13, check out his facial stripes.

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Locally-based group's cruise ship runs aground

A loaded cruise ship operated by a Mississauga-based company has run aground near Nunavut on a rock that wasn't on the map.

Robert Bradbury of the Canadian Coast Guard says they received the call about the stranded Clipper Adventurer, owned by Adventure Canada, late Friday.

An icebreaker ship has been dispatched and is expected to start removing passengers. There are 197 people on board the ship, and no injuries have been reported.

THE CANADIAN PRESS

News in brief

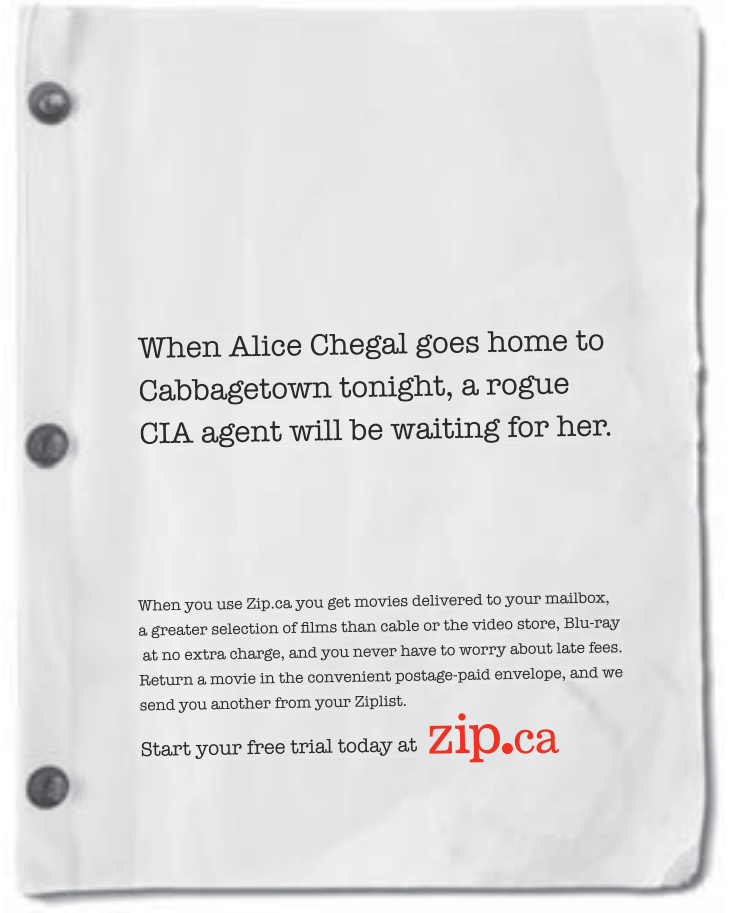
Tips sought in sex assaults

ATTACKS. Police seek public help after two women were sexually assaulted within less than nine hours. Police say a woman in her 50s was walking alone when she was sexually assaulted in the Brimley Road and Huntingwood Avenue area at about 7:30 a.m. Saturday. Late Friday night, a homeless woman was hit over the head several times and assaulted in Nordheimer Park.

Heat alert issued for T.O.

WEATHER. A heat alert is in effect for Toronto until further notice. The temperature is expected to reach 33 C today. The public is encouraged to check on family and neighbours — especially seniors — to make sure they are OK.

THE CANADIAN PRESS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'New Orleans is coming back,' Obama declares

U.S. president lauds small businesses, achievement in public schools and soon-to-be-completed levees

CAROLYN KASTER/THE ASSOCIATED PRESS

▶ U.S. President Barack Obama stops for lunch.

Five years after the ravaging storm, U.S. President Barack Obama celebrated New Orleans' revival from hurricane Katrina yesterday and pledged common purpose with residents in the continuing struggle to protect and rebuild the Gulf Coast.

Obama declared to those who dedicated themselves to their city's recovery: "Because of you, New Orleans is coming back."

And he pledged: "My administration is going to stand with you and fight alongside you until the job is done."

Implicit in his remarks was an indictment of sorts against his predecessor's administration for its handling of the crisis. Obama called Katrina and its aftermath not just a natural disaster, but "a manmade catastrophe — a shameful breakdown in government that left countless men, women, and children abandoned and alone."

Obama spoke at Xavier University, an institution wracked with debris and floodwaters in August 2005, but soon back in operation. New Orleans, he said, has become a "symbol of resilience and community."

The storm killed more than 1,800 people along the Gulf Coast, most in Louisiana, and flooded 80 per cent of New Orleans.

THE ASSOCIATED PRESS

Flood. Relentless

▶ A girl displaced by flooding stands near her family's belongings after taking refuge on an embankment near the Indus River.

KEVIN FRAYER/THE ASSOCIATED PRESS

Floodwaters still rising

Floodwaters inundated the area near Sujawal in southern Pakistan yesterday as authorities struggled to build new levees with clay and stone to prevent one of the area's biggest cities from suffering the same fate.

Leg-biting monkey has towns on alert

Residents of neighbouring resort towns in central Japan are waging a battle against a marauding monkey that has bitten dozens of people in the past few weeks — and the monkey is winning.

Nearly 60 people in the towns of Mishima and Susono near the scenic Izu peninsula and Mount Fuji have been chomped by the macaque since mid-August, mostly on the calves. Mishima now publishes a daily "biting monkey" alert on the town website, posting where the animal was most recently spotted and warning residents to keep doors and windows shut.

THE ASSOCIATED PRESS

The assailant

- The monkey is a type of macaque, one of the most common wild mammals in Japan, which can reach nearly one metre tall when standing.

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As Liberals mull election call, Iggy pledges patience

- Grits still trail Tories in polls by about three per cent
- But some fear inaction could negate recent gains

Michael Ignatieff has spent his summer "vacation" on a bus, travelling almost 40,000 kilometres to some 130 events in 10 provinces and two territories, pumping 11,000 hands and kissing countless babies.

Now to keep the momentum rolling once the wheels stop.

The Liberal leader will begin pondering that challenge the moment his bus pulls into its final destination today in picturesque Cape Breton, where he will meet his caucus to plot strategy for the Sept. 20 resumption of Parliament.

And inevitably that means wrestling with the possibility of a fall election.

DARRYL DYCK/THE CANADIAN PRESS

▶ Michael Ignatieff is fed yogurt by his wife during a stop in his summer tour.

At last year's summer caucus retreat in Sudbury, Ignatieff rashly declared Prime Minister Stephen Harper's time was up — prompting a near-caucus revolt and a freefall in Liberal support.

He's not about to repeat that mistake. He's learned to be cautious.

"We wait and see and watch what the government does," Ignatieff said in an interview when asked about the prospect of an election.

He added quickly that he's "not looking for a confrontation."

Ignatieff's studied ambiguity reflects the internal debate that's being waged within the party.

Ideally, Liberal strategists would prefer to wait until spring, giving the Harper government more time to accumulate baggage, wrestle with a weakening economy and produce a promised restraint budget packed with painful spending cuts. THE CANADIAN PRESS

Sumatra. Eruption

▶ Residents ride a motorbike as they evacuate their village to flee from the eruption.

BINSAR BAKKARA/THE ASSOCIATED PRESS

Volcano up from 400-year sleep

Mount Sinabung in Karo, North Sumatra, Indonesia, spewed hot lava and sand high into the sky early yesterday in its first eruption in 400 years. Thousands of people living around its slope evacuated their homes.

14 **Fourteen ambulances were called to the scene, State news channel Rossiya-24 said, citing witness accounts.**

Gig turns violent

Scores of thugs attacked a crowd of about 3,000 people at a rock concert in central Russia yesterday, beating them with clubs, reports said. THE ASSOCIATED PRESS

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Film promises confession from the real killer

- Mason Jenkins accused of murdering sister in 1998
- Series of unexpected revelations unearth new facts

A new documentary promises to uncover the truth about the murder of Jennifer Jenkins, a Chatham native whose brother was convicted of her killing.

Life With Murder, airing Tuesday on CTV, features extensive interviews with Mason Jenkins, who is serving a life sentence for first-degree murder, and with his parents, who remained devoted to their son as the grisly case unravelled.

For years, Mason Jenkins insisted he was innocent. And award-winning director John Kastner says his film unearths information that will be shocking even to people who followed the case closely.

THE CANADIAN PRESS

▶ Jennifer Jenkins was shot and killed in 1998.

"To our amazement, we were able to establish who really killed Jennifer Jenkins," Kastner said in an interview from his Toronto home. "The killer confesses on camera. And one of the amazing things about the film is that the parents are finding out all these things for the first time."

If it sounds as though Kastner is being a bit coy with the details, that's because he considers his documentary a "real-life murder mystery."

Indeed, Life With Murder unspools at a careful, deliberate pace, with new details being guarded closely until their reveal yields maximum impact on the viewer.

In 1998, 18-year-old Jennifer Jenkins was shot five times and killed.

THE CANADIAN PRESS

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Market moment

PRICES AS OF 5 P.M. FRIDAY

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Oxford only online?

The Oxford English Dictionary may only be available online. The publisher said demand online has outpaced the hard copy.

THE ASSOCIATED PRESS

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40	$14	$18	$27	$12	$15	$21
45	$18	$26	$38	$14	$18	$27
50	$17	$35	$60	$13	$26	$40
55	$25	$55	$93	$19	$38	$69
65	$63	$148	$291	$41	$96	$185

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Singer helps Haiti think outside the box

JACQUES BOISSINOT/THE CANADIAN PRESS

▶ Haitian-born, Quebec-raised singer Luck Mervil is behind a Montreal-based organization called Vilaj Vilaj, which aims to build sustainable, long-term housing in Haiti and potentially elsewhere.

◗ Cargo containers are ideal for housing ◗ Durable in hurricanes

Singer Luck Mervil plans to use 900 retrofitted containers to construct a new village fit for 5,000, erected on a parcel of previously uninhabited land near Port-au-Prince.

The buildings are a particularly good fit for Haiti because they are cost-effective, easily convertible into larger structures, and weatherproof.

Eight months after the earthquake, many Haitians are still living in tent cities with hurricane season around the corner.

A prototype home was built in Canada in about 10 days for between $8,000 and $10,000. But Mervil says the costs will be much lower in Haiti, and Haitians, who are adept at working with metal, should have no problem converting the boxes.

"It's perfect for Haiti, it's a real house, it's a real place you can go and know that you're protected."

LUCK MERVIL

In addition to teaching them to build a village, the new outpost will be self-sufficient, with space for companies to set up shop, Mervil said.

"For example, if we're putting solar panels on the homes we're building, we don't want to buy them from China — we want to build them ourselves.

"So that way we can sell them around the world and Haiti can stop asking (for help) and saying, 'If you really want to help me, buy my product.'"

THE CANADIAN PRESS

PUBLIC GARDEN IS MUSIC TO THEIR EARS

Urban Compass

CAROLYN MORRIS

Several months ago, I brought my mom, who was visiting from British Columbia, to the Toronto Music Garden.

An oft-overlooked gem along Toronto's waterfront, the three-acre public garden is a horticultural interpretation of Bach's First Suite for the Unaccompanied Cello by renowned cellist Yo Yo Ma and landscape designer Julie Moir Messervy.

Humming Bach movements as she admired the landscape, my classically trained mother drifted off into another world. She probably wished I could come along, but despite her attempts at inculcating her three daughters with classical music through piano lessons, we all ended up as Royal Conservatory dropouts.

Today, I'm back at the gardens. Originally intended for Boston, Toronto scored the garden a little more than 10 years ago — replacing what had been a derelict piece of lakefront property. Even though this place accentuates the divide between my mother and me, coming here seems to bring me closer to her.

"Whenever (Irena) Hrzina plays Bach, the girl stops whatever she's doing and stares at her."

This time, I've got a guide. Standing at the Prelude, Irena Hrzina, a volunteer with short brown hair and a warm smile, is armed with a portable CD player. We're an unusual gathering, as are many guided tours: A retired couple, three teens from Forest Hill, and an elderly lady in a pink flowery outfit accompanied by her sister, her daughter-in-law, granddaughter and 15-month-old great-granddaughter. And a Metro columnist taking notes.

The 15-month-old girl is enjoying the tour. Her chubby cheeks peeking out from beneath a white bucket hat, she climbs the boulders lining the flowing path in the Prelude, grabs onto a bright yellow black-eyed Susan in the Allemande, plays in the water fountain in the hidden Sarabande — the contemplative core of the garden — and rushes up the circling hill of the Courante as her mom, grandmother, and great-grandmother try to keep up. Whenever Hrzina plays Bach, the girl stops whatever she's doing and stares at her.

At the end of the tour, after we've passed through the symmetrical pavilion of the Minuet and hobbled down the giant grass steps of the Gigue, the elderly lady in pink shakes Hrzina's hand profusely.

"You were my birthday present," she says. With tears in her eyes she explains how she's wanted to see the gardens for years. And today, her daughter-in-law brought her here from Oakville.

"There's four generations of women here," she says. And looking at the youngest, she adds, "She'll be indoctrinated with good music."

May the girl's mother have better luck than mine.

Cartoon

MICHAEL DE ADDER

Rules apply to everyone

Letters & Tweets

We asked: What's your biggest pet peeve?

DARTMOUTH. My pet peeve is those people who park in no parking zones if they're "just going to be a minute." Most of us are in that situation and choose to obey the law. What makes them so special?
PAM GIFFIN

TORONTO. My biggest pet peeve is when people have something stuck in their teeth and they position their tongue behind the teeth and suck for dear life repeatedly — with no success. That sound drives me nuts! Why do they keep sucking? Get a toothpick or some dental floss please. **NICOLE MITCHELL**

TORONTO. My most hated pet peeve is the price fixing the government has been doing on booze and beer.
HENRY KAHRS

TORONTO. Watching the downtown CEOs getting huge wages while the minions who work for them get next to nothing and put up with all the crap.

Watching celebrities use their income for drugs and booze while other people in the world are starving and living in filth. Put that addiction money to good use.
LINDA MAKARCHUK

Sign, sign, everywhere a sign

CONTRIBUTED

What's a sure sign summer is ending?

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Metro Minute at an urban wilderness

TORSTAR NEWS SERVICE FILE

▶ Visit Tommy Thompson Park at the foot of Leslie Street.

We're well into the dog days of summer. So if you don't want to be reminded, you'd be well advised to head over to Tommy Thompson Park, a place where you will find every type of wildlife except for man's best friend. The 500-hectare space boasts kilometres of wildflower meadows, cobble beaches and coastal marshes, all of which provide a generous habitat for hosts of birds, deer, and even coyotes. However, you're asked to refrain from feeding the coyotes anything, including your own body parts. The park is located at the foot of Leslie Street, just south of Lake Shore Boulevard East and is open to the public on weekends and holidays. **JORDANA DIVON**

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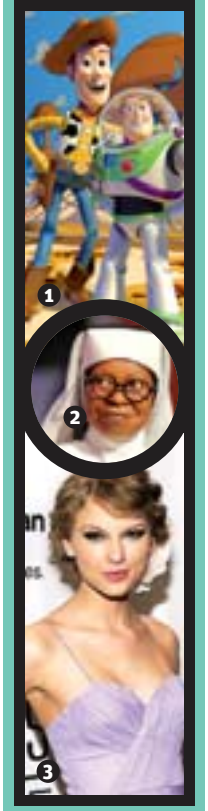
2 scene

News in brief



1 Toy Story 3 passed $1 billion in worldwide ticket sales Friday.

2 Whoopi Goldberg's mother had a stroke on Friday.

3 Taylor Swift met George H.W. Bush in Maine after he watched her show. METRO

Want to know all the gossip and winners from last night's Emmy Awards? Scan this code

Once considered 'viral' entertainment, online comedy is doing robust business with branded entertainment How the genre is making money Why big names are getting involved

Funny business

HEIDI PATALANO
SCENE@METRONEWS.CA

▶ Jason Bateman, left, and Will Arnett are behind DumbDumb.com.

GETTY IMAGES

Prince claimed last month that the Internet is dead, but the 52-year-old singer may not be as tapped into the signs of the times as he once was. As more consumers head online to get their entertainment, so does the advertising money — and as we all know, money is power.

The recent launch of DumbDumb.com — a site developed by funnymen Will Arnett and Jason Bateman — seems to underscore a future of overtly-branded online entertainment, taking the place of traditional advertising. DumbDumb is a self-described comedic content, marketing and advertising company for which Arnett and Bateman develop skits that highlight brands like Orbit gum in key plot points.

"Will and I and our peers in the comedy world really like doing these things online, and if you can bring advertising into it, then you monetize that process and then you become a relevant player in the advertising world," Bateman explained in an interview with PaidContent.org. "The advertising world is looking for that nowadays since not a lot of people are watching commercials on TV anymore."

DumbDumb seems to be taking the next logical step beyond successful online comedy sites like FunnyOrDie.com and MyDamnChannel.com, which feature famous comedians and direct contact with an audience who provides valuable page views.

Experts speak

▶ Jack Black portrays Jesus in a web video called Prop 8: The Musical

Where the advertising money goes:

▶ **"It's almost like** a brand as a producer rather than a brand as an advertiser or a sponsor," explains Doug Akin, Chief Engagement Officer at Mr. Youth, a strategic digital marketing firm. "Brands used to go to the agency and agencies created the content and distributed it to the media channels. Now, FunnyorDie.com and YouTube, they're saying, we can create the content."

A wet hot comedic summer

Rob Barnett, founder and CEO of MyDamnChannel, explains how their site keeps the financial gears greased.

"We have three different revenue streams; the first is advertising, which is split into two camps — display advertising and branded entertainment. The second category is the licensing of the last three years of our content to every digital platform that will pay us," he says. "The third revenue stream will kick in in the fourth quarter of this year: paid programming."

The format of the three to five minute sketch has been a success for MyDamn Channel — notably David Wain's Wainy Days series and You Suck At Photoshop. But the sketch is the least revolutionary element to online comedy.

Just ask a veteran, who was doing it before the Internet even existed, actor and comedian Michael Showalter. Showalter has recently launched a comedy series called The Making Of … on Babelgum.com.

"We don't need a network to have people see these things as long as they're cheap to do and fun."
MICHAEL SHOWALTER

"We were just making the videos for ourselves and showing them live to an audience," he says of his early sketches. "Then somewhere along the way, they kind of got picked up on the Internet, but we weren't at any point making them for the Internet." METRO

Grin and win it

Early nominees grab comedy awards at the Emmys

Edie Falco of Nurse Jackie and Jim Parsons of The Big Bang Theory were honoured last night with Emmy Awards for their comedy series lead roles.

Falco's trophy for her role as a tough-but-troubled nurse came after her hallmark role as a mob boss' wife in The Sopranos, for which she won three best drama actress Emmys.

Parsons won for his portrayal of a scientist as nerdy as he is brilliant. He ended fellow nominee Alec Baldwin's two-year winning streak for 30 Rock and beat out other heavyweights including Tony Shalhoub, nominated for the final season of Monk and a three-time winner, and Steve Carell of The Office.

"Oh, this is the most ridiculous thing that has ever happened in the history of this awards show. I'm not funny!"
EDIE FALCO

Eric Stonestreet of Modern Family and Jane Lynch of Glee were honoured for their comedy-series supporting roles.

Host Jimmy Fallon opened the 62nd Primetime Emmy Awards on a musical note, performing a song-and-dance number with the cast of Glee and a wildly mismatched group of celebrities including Betty White, Jon Hamm, Kate Gosselin and Randy Jackson. Much of the group ended up on the Nokia Theatre stage to kick off the awards with a high-energy version of Born to Run.

THE ASSOCIATED PRESS

CHRIS PIZZELLO/THE ASSOCIATED PRESS

▶ Host Jimmy Fallon and his wife Nancy Juvonen arrive at the 62nd Primetime Emmy Awards last night in Los Angeles.

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Jeanne Beker's Edit adds to list of credits

Her latest clothing line debuts at 65 Bay stores in September

Fashion Television host Jeanne Beker has taken TV viewers and fashion lovers alike on a globe-trotting style journey for 25 years, acting as on-air guide to the world of design at home and abroad.

But some may not be aware of Beker's extensive experience in the industry away from the cameras. She has helmed fashion magazines, became editorial director of the web's first fashion site and has also racked up a couple of design credits along the way.

The Canadian fashion pioneer is making yet another off-screen foray with the launch of Edit by Jeanne Beker, an affordable women's clothing line for the Bay.

Beker said the collection is a collaboration between her and the Corwik Group, a Montreal-based importer and designer of women's apparel.

She said the collection's name was a "no brainer," a reflection of her involvement in editing the line of separates.

Edit comprises pieces Beker sees as essentials that can be mixed and matched and serve as the "bare bones" of the wardrobe.

The 25-piece capsule collection comprises style staples designed to help women transition from work to after-hours.

Symbolic of the mix-and-match approach, tunics, wool sweaters, boyfriend jackets and cardigans can be paired with knee-length skirts, leggings, jeggings and jeans in the line.

Outerwear offerings include luxe faux-fur coats, camel cape jackets and boiled wool coats.

"These pieces are for women who really want to wear clothes, who don't want the clothes to wear them — for women who really have a strong sense of their own style," a noticeably slimmed-down Beker said in an interview. She said she lost 20 pounds on a diet.

She showcased her own distinct sense of style, decked out in a little black dress and sequined-collar black cardigan from Edit matched with statement jewelry including a long necklace, bracelet and belt.

In the meantime, don't expect to see Beker — or her award-winning program — disappear from the airwaves anytime soon.

"Fashion Television has just become such a staple in our viewing diets," she said.

"I think it would be a shame to ever see that show go anywhere."

THE CANADIAN PRESS

NATHAN DENETTE, THE CANADIAN PRESS

▶ Clothes from Edit range from about $80 to $195.

Fashion roles

She's a TV host, travelling stylewatcher, and author.

Her two books are slated for release next year: Strutting It!: The Grit Behind the Glamour, about what it takes to be a model, and Life Lessons from Fashion's Trenches.

COURT

Stalker's really not Leo's wife

Leonardo DiCaprio has been granted a temporary restraining order against a woman he said is claiming to be his wife and carrying his baby. Court records show the order was granted Wednesday against Livia Bistriceanu, 41, of Chicago.

"Given this obsessive and harassing behaviour, I am frightened of Ms. Bistriceanu and feel that my personal safety, and the personal safety of those around me, is in jeopardy," DiCaprio wrote in a sworn declaration.

The actor said he had never met Bistriceanu, but she has sent numerous handwritten letters to him.

THE ASSOCIATED PRESS

TV Picks

Canadians star in lavish flick

MINISERIES. The Pillars of the Earth concludes with a two-hour finale as Philip, Waleran and Alfred plot to get rid of Jack. The lavish eight-hour miniseries, which cost $50 million to make, was executive produced by Tom and Ridley Scott, directed by Sergio Mimica-Gezzan, and stars Canadians Donald Sutherland, Gordon Pinsent and Alison Pill, as well as Ian McShane and Rufus Sewell. (The Movie Network)
THE CANADIAN PRESS

Bourne thriller on two nights

MOVIE. If you've never seen any of Matt Damon's Bourne Identity spy thrillers, this week is your chance to catch the first two in the series. The first stars Damon as Bourne, a man who awakens with amnesia and finds he's being hunted. (CHCH) The next, Bourne Supremacy, airs Saturday. (Peachtree TV) THE CANADIAN PRESS

MILLA JOVOVICH
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Family Guy — guts and glory

'Censored' episode coming to DVD Those who should maybe choose to pass include the uninitiated, faint-of heart, or anti-abortion crowd

COURTESY OF FOX

Peter and Lois Griffin: Blessed with another child?

Family Guy forbidden fruit will soon be available for plucking — at least, for fans prepared to pay $15 for a peek.

Partial Terms of Endearment, a never-seen episode of the racy animated series, will be available for sale on DVD on Sept. 28 from Twentieth Century Fox Home Entertainment — more than a year after the Fox network deemed it outrageous even by Family Guy standards and pulled it from last season's slate of episodes.

Since then, the episode, which will not be downloadable, has gained a sort of "banned-in-Boston" notoriety. Further upping the ante is its subject matter. Bumbling, moronic Peter Griffin and his patient but libertine wife, Lois, throw themselves into the abortion debate.

Most of the episode dwells on Lois (voiced by Alex Borstein) agreeing to become a surrogate mother for a friend who can't have a child. But after her friend and her husband are killed in a car crash, the Griffins are left with the difficult decision of whether to proceed with the pregnancy or not.

It's not as if the episode trivializes the debate. Oh, it's a big decision, Peter readily acknowledges. "But life is FULL of big decisions — like deciding whether or not to have Indian food."

To see the episode in all its cartoon glory is to conclude three things:

It's wickedly funny, no matter how offensive. It was never (at least, not in this lifetime) ever going to make it to the air of any commercial TV broadcaster. (Hmmmm. Was shooting it, then "censoring" it always a marketing ploy to super-charge DVD sales?)

And, finally, it's recommended only for the Family Guy faithful.
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One smooth criminal

- Rapper T.I. on playing an outsider gangster in his new film, Takers
- How he makes it all look good on screen

MONICA WEYMOUTH
monica.weymouth@metro.us

GETTY IMAGES

▶ T.I. stars as Ghost in Takers, now in theatres.

It's not immediately apparent why T.I. was attracted to his character in Takers. Recently released from prison after a job gone wrong, Ghost is an edgy loner who knows too much, a suspicious outsider among his former group of super-sleek gangsters. And although they're all technically bad guys, the charismatic high-rollers — including Idris Elba, Paul Walker and Chris Brown — are easy to root for with their Danny Ocean swaggers and professionally cool bank heists.

But that's precisely why the rapper-turned-actor was interested in the role. "I liked taking a character that could easily be considered an antagonist and make him likable," says T.I. "I think the element of surprise is important."

To be fair, T.I.'s had some practice with image management. No stranger to court, he spent a good part of last year in prison on federal weapons charges, but he's not hurting for projects: His seventh album, King Uncaged, drops next month; Takers marks the debut of his production company Grand Hustle Films; and his clothing line, Akoo, is in stores now.

If he's breaking a sweat under the weight of it all (or the amount of "bling" he's wearing at 11 a.m.), he's not showing it. "I like the challenge of doing something unexpected," he says. "It's a lot of responsibility, it's a lot to carry, but it's rewarding."

Detroit rapper wins Eminem's battle

The winner of a national freestyle rap battle competition held in Detroit and hosted by Eminem is from — where else — Detroit.

Eighteen-year-old Saffal "FowL" Tall won the Red Bull EmSee title Thursday night at St. Andrew's Hall, beating out rappers from across the country.

The superstar rapper hosted and also served as a judge at the event that was designed to resemble the head-to-head verbal assaults featured in his hit 2002 movie, 8 Mile.

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Jonas Brothers are growing up

- They're showing their age, and one's even married
- The siblings on touring, their fans and new music

▶ JoBros 2010, from left: Nick, Joe and Kevin Jonas.

It's impossible not to notice how the faces in these photos have matured since you last saw the Jonas Brothers — that is, unless you're one of the rabid fans who have made their previous tours into sell-out smashes.

In a recent teleconference, the Brothers — Nick, Kevin and Joe — addressed this very subject.

"I think you might see a little bit of reflecting of us growing up a little bit," says Nick of the band's current tour, which is not actually in support of a new album, but just a reminder of who they are and who they have been.

"I think the decision was made because we knew that we had a lot of material. I think we just felt that after releasing four albums in about three-and-a-half years, it might be a bit of an overload," Nick adds. "So we started to not go with releasing an album this year. But I think, you know, 2011, you can expect another Jonas Brothers album."

One definite sign of the group's maturity is that Kevin is now married.

"This will be the first time that I have toured as a married man, so it should be a little bit different," he says. "For us, our musical journey has been a progression. We're not trying to grow up too fast or anything, and I'm saying that even coming from being married. For us, we're growing up with our audience and growing up with the people listening to our music, as well as the people that are starting to listen to our music now."

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Dr. Michael Ho Back Specialist

Dr. Michael Ho is a doctor with over 20 years of clinical experience specializing in treating chronic back pain, including Scoliosis, Spinal Stenosis and Herniated / Bulging discs. Having studied and worked in countries including Canada, United States, Sri Lanka and China, Dr. Ho has devoted his life to Health and Wellness.

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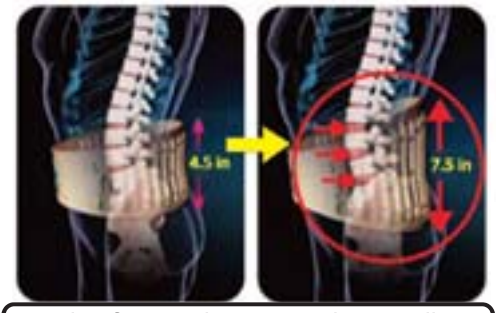


Belt inflates with air, expands vertically, gently stretching and tractioning lower back

Dr. Michel Rice

"Every patient with back pain should be wearing this belt because it gives you core strength and support in your spine, and a traction effect for great pain relief. The great thing is that patients with chronic back pain can wear this belt and get their life back. They can feel more confident, be more active, and do things that they love doing."

Alice Love

"This belt is out of this world! Feels like all the weight is taken off of you and you just feel light. Pain pills only mask the pain. Now that we have the belt I can be pain free. I have a grandson, who loves to be picked up. But you don't realize how much pressure that puts on your back. With my belt, I don't have to worry about picking him up! "

P.J. Lemieux

The belt is very comfortable and it helps to take the stress off my lower back. I feel that I now have better posture and I see how that is very beneficial. I can see this being used by people with chronic back pain and its pharmaceutical free and so easy to do. You just strap on the belt, inflate and you can feel it work right away because it takes the stress off the lower back. You've got nothing to lose if you suffer from back pain. Definitely this is worth trying!

Sports Specialist Dr. Carson

"This device helps with the lower back, I understand it, I enjoyed it and I endorse it. This belt I think is quite an advantage to other lumbar belts. I see this as a device that will assist in reducing the muscle spasm, as one of the many things that we can do to help our back pain patients. I certainly look forward to prescribing this belt because I realized the benefits myself."

Bilingual Dora opened new doors

Celebrating 10 years of adventures Character didn't start out as Latina Fan base is now world-wide

SIGAL RATNER-ARIAS/THE ASSOCIATED PRESS

Dora's fans include stars like Angelina Jolie and Salma Hayek.

Don't underestimate her just because she's a little girl. Dora The Explorer is a multibillion-dollar franchise that may be creating a more enlightened generation, more open to different people and cultures not their own.

Ten years have passed since the Latina Dora became the first bilingual heroine of U.S. children's TV and conquered the hearts of kids around the world. Nickelodeon has celebrated the anniversary with a one-hour special that features the voices of Rosie Perez, John Leguizamo and Hector Elizondo, and a documentary with comments from Dora herself, the series' creators, experts from the industry, real-life kids and celebrities such as Salma Hayek and Shakira.

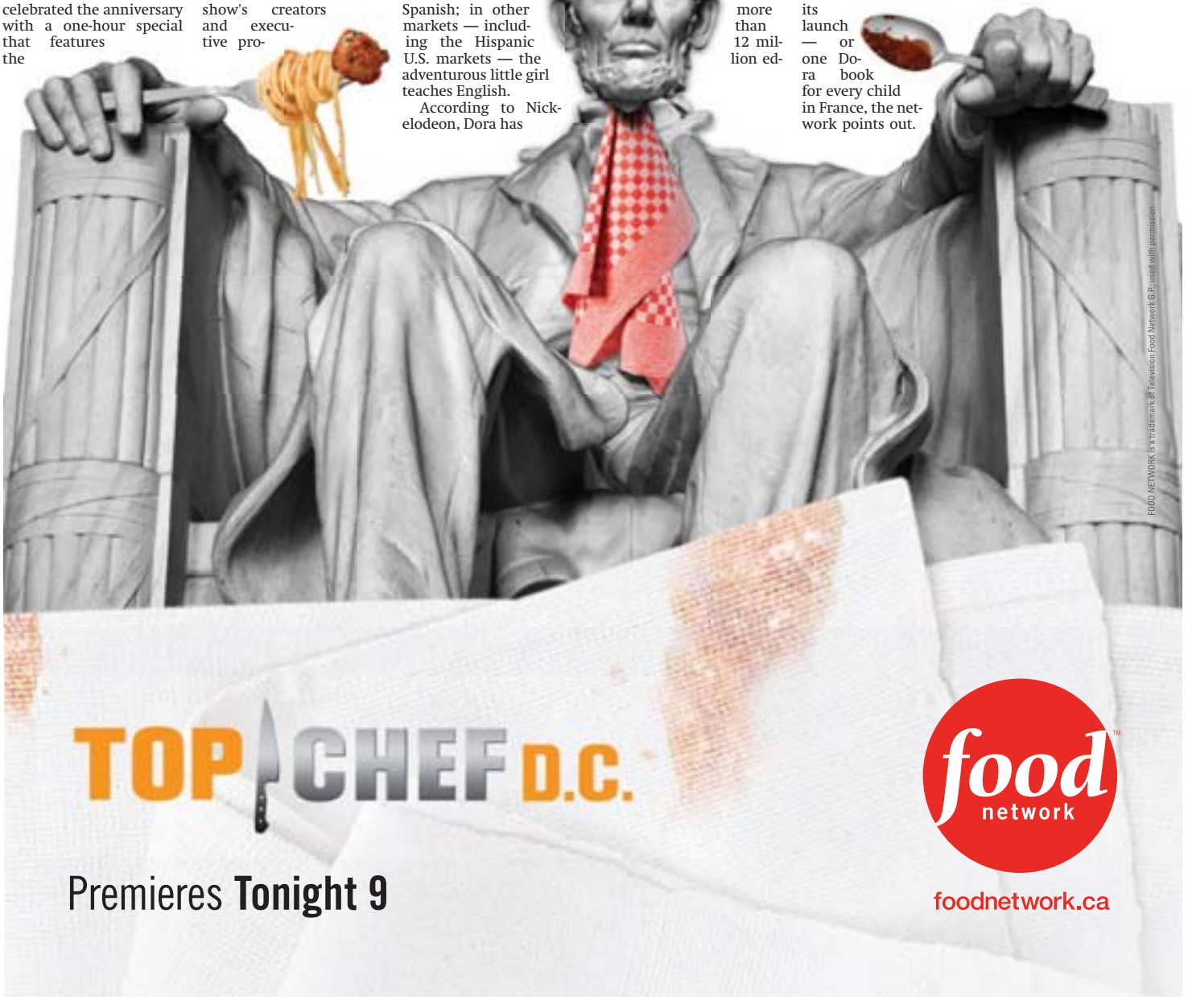
"I think that the fact that kids are identifying with a kid with darker colour skin that speaks another language (shows they are more open)," said Chris Gifford, one of the show's creators and executive producers. "Kids want their parents to read them the books and watch Dora with them. ... That's what it's about."

Dora The Explorer is seen today in 151 markets and is translated to 30 languages. In English-speaking countries such as the United States, the United Kingdom, Australia, Canada, New Zealand and Ireland, Dora teaches Spanish; in other markets — including the Hispanic U.S. markets — the adventurous little girl teaches English.

According to Nickelodeon, Dora has generated over $11 billion in worldwide sales since 2002, having sold 65 million units of Fisher Price Dora the Explorer toys, 50 million books and over 20 million DVDs worldwide.

In France, publishing house Albin Michel has sold more than 12 million educational Dora books since its launch — or one Dora book for every child in France, the network points out.

THE ASSOCIATED PRESS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What happens in Vegas? Well...

Police in Vegas stopped car over smell of pot Photographed, fingerprinted, then released

Paris Hilton's latest run-in with the law began when a motorcycle officer got a whiff of suspicious smoke emanating from a Cadillac on the Las Vegas Strip.

Suspecting the odour was marijuana, the officer stopped the car at 11:22 p.m. Friday and during a check, police say a bag of cocaine fell out of the 29-year-old socialite's purse.

The officer "followed the vapour trail and the odour of marijuana to the Escalade," police Sgt. John Sheahan said.

It's the second time this year that Hilton has been arrested on drug possession allegations, although authorities in South Africa dropped marijuana charges earlier this summer. In 2007, Hilton pleaded no contest to alcohol-related reckless driving and was sentenced to 45 days in jail.

This time, the hotel heiress was with her boyfriend, Las Vegas nightclub mogul Cy Waits, who manages a club inside the Wynn Las Vegas and was driving the black SUV.

Hilton was arrested on suspicion of felony cocaine possession.

Waits, 34, was arrested on suspicion of misdemeanour, driving under the influence of alcohol or drugs.

Sheahan said Hilton received no special treatment. THE ASSOCIATED PRESS

▶ This photo of Paris Hilton was released Saturday by the Las Vegas police department.

Celebrity tweets

Lindsay Lohan [@lindsaylohan] Clearly.. Paparazzi shouldn't be allowed to take pictures or video while someone's driving or at a stop light. 4every1's sake

50 Cent [@50cent] I want everybody to know from the bottom of my heart I do not appreciate yal calling me crazy I'm special

Nicky Hilton [@NickyHilton] Apparently someone set up a fake facebook pretending to be my mom. So odd. I don't think she even knows what FB is.

Kanye West [@kanyewest] Yo why people gotta make they internet passwords so damn complicated???

Talking points

Drugs and rock 'n' roll

INSPIRING. After admitting to Vanity Fair that she used cocaine occasionally, Lady Gaga is speaking out again to defend her past drug use. "I really figured out the art I wanted to make and was inspired," she tells Q Magazine. "Some people find inspiration in dark places. I guess I'm one of them. What always made me different is that if I was doing drugs I was also making music. I wasn't just doing drugs." METRO

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Party time!

Top party planning tips for parents

From treasure hunts to pass the present, classic birthday party games have never gone out of style, even if they are sometimes forgotten. Celebrating its 60th birthday, Minute Maid shares its tips on how keeping it simple is the life of the party:

• Keep it fun: There's a reason we played pin the tail on the donkey as kids (and so did our parents and grandparents) — it's entertaining.

• Make it yummy: Before they load up on cake, have healthy snacks and drinks available like a simple pizza with some veggies and 100% juice, will keep kids full and happy.

• Keep it simple: It's a special day that comes only once a year, but it doesn't have to be an expensive one. Work with your birthday boy or girl to get creative.

NEWS CANADA

Survey says, many Canadians preferred summer staycation. Scan code for news

GETTY IMAGES

▶ Young celebrities like Justin Bieber can inspire your tweens through their philanthropy.

Celebs inspire philanthropy

It may be hard to get your children caring about the things that matter in life, but exposing them to philanthropic celebs might just do the trick

Celebrities make headlines daily for their philanthropic work urging others to get involved and do their part. The tween generation is a segment that is easily inspired by famous people. Tween role models such as Justin Bieber and Miley Cyrus are no exception when it comes to helping their communities and giving back. Although busy with their careers, these young stars still make time to volunteer and support charities.

Tweens — children aged 9-12 — are often unaware of the opportunities available to them and how easy it is to volunteer and get involved in charitable work. Parents can help their kids get involved by finding them initiatives that they can participate in. A good start for tweens could be volunteering at a local community centre or food bank, taking part in a park clean up or playing with pets at a local animal shelter.

Other ideas include:

• Helping to cook or serve a meal at a homeless shelter;

• Adopting a senior citizen "grandfriend" and writing him or her letters and visiting;

• Holding a door open for someone;

• Recycling;

• Baking cookies and bringing them to a local firehall or police station.

Volunteering is a great way for kids to learn that helping others can make you feel like a star.

NEWS CANADA

Humanity

- **Volunteering** Another way is to enter a contest that helps make a difference. For example, from Oct. 4 to Nov. 12, Genworth Financial Canada and Habitat for Humanity are offering students in Grade 4, 5 and 6 the opportunity to share their thoughts about "what they love most about their home."
- By entering the Meaning of Home Contest, students have the chance to help funds go towards the building of a home for someone deserving in their community. They will also enjoy 'celebrity status' by hosting a pizza party for their entire school.
- Encourage your kids to enter the contest by logging on to meaningofhome.ca and having them write about what they love most about their home.

NEWS CANADA

Encourage your tween to write

As any published author will tell you, becoming a good writer takes practice. When it comes to tweens, some smart tactics can do a lot to encourage their storytelling skills. Along with reading a lot, here are some other tips to encourage your budding talent:

• **Writing space:** Consider making a location in the home a haven for writing. Sometimes a simple desk and chair in a quiet area is all that's required.

• **Writing paper:** Stock a variety of paper sizes for different writing projects.

• **Writing tools:** Of course, be sure to stock paper and pens, and if you can afford it, consider a home computer.

• **Reference books:** Editing is also part of the writing process so a dictionary to check spelling, a thesaurus for better word choices, and even a rhyming dictionary can be a great help.

NEWS CANADA

NEWS CANADA PHOTO

Humility

Being thankful for your home

TWEENS It's a common occurrence to want more things in life and easily forget to be grateful for all that we have. Even having a roof over our heads is sometimes taken for granted. Passing along this message to tweens aged 9-12 who don't realize this, can be discouraging. Here are two tips that can help teach the importance of being thankful and expressing it in a meaningful way:

Set the Example: Parents have to model behaviour they hope their children will adopt as their own.

Volunteer: Why not take your next family vacation somewhere that will be a memorable experience while helping those less fortunate? NEWS CANADA

/JOHN BAZEMORE/THE ASSOCIATED PRESS

▶ Sydnee Evans enjoys a watermelon mojito frozen pop.

Cilantro popsicle? Strange ingredients in sweet treats

The line of people in the sweltering gas station parking lot grows longer as the sun beats down and they aren't here for gas.

One by one, each person steps up to a small cart festooned with a multicoloured umbrella and is handed what they've all come to get — what they probably have been craving all day: A frozen pop.

And not the red, purple and orange sugary pops from childhood, either. These sweets are full of unexpected ingredients like cardamom, cilantro, lavender and ginger. They're iced tea mixed with lemonade — called an Arnold Palmer — or banana pudding with chunks of vanilla wafers.

Meet the King of Pops, as he's known to the throngs of people who stop by his cart in Atlanta each week to buy ice pops loaded with fresh fruit in delectable combinations. Some show up with out-of-town guests, while other bring coolers full of dry ice so they can tote dozens home.

First, there was the cupcake. Then, the doughnut. Now, fancy frozen pops — both purchased and homemade — are taking their turn as the favourite sweet treat of adults looking for a little nostalgia and some tongue-tingling flavours.

Pop shops across the U.S. have developed cult followings.

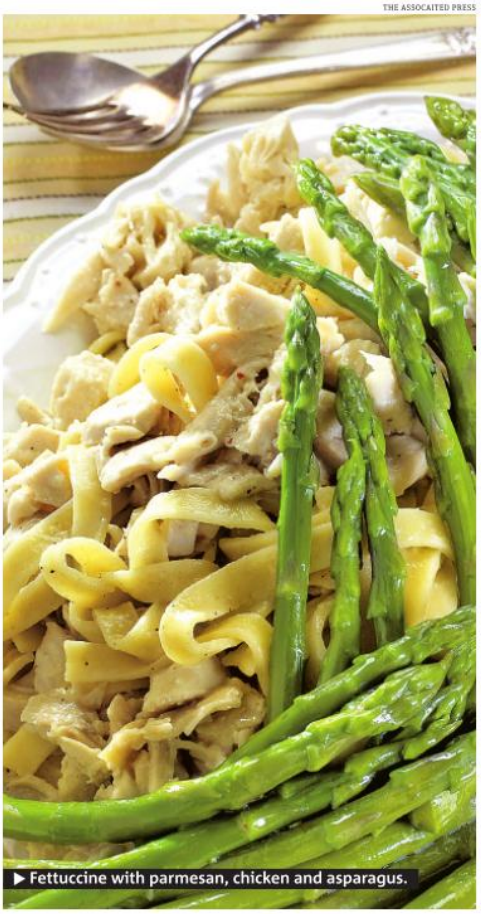
"It's just so easy to make and so refreshing," said Tanya Wenman Steel, editor-in-chief of Epicurious, which has seen a spike in the number of searches for pop recipes this year.

THE ASSOCIATED PRESS

Pre-cooked chicken inspires new meals

Once again, the rotisserie chicken rescues the weeknight cook

THE ASSOCIATED PRESS



▶ Fettuccine with parmesan, chicken and asparagus.

I'm fairly confident I've never actually eaten a rotisserie chicken as one would a traditional roasted chicken — as in, slabs or chunks of meat hacked from the bird.

In my cooking, these chickens are a not-so-raw (thankfully!) ingredient on which to build the rest of the meal without adding any cooking time.

As in this recipe, which tosses the meat with grated Parmesan cheese, blanched asparagus and some pasta. Best yet, the recipe is totally versatile. Substitute (and cook the same way) any firm veggie for the asparagus. Broccoli, cauliflower, bell peppers, whatever.

Same for the cheese and pasta. Use what you have or what you like. And while fresh pastas cook quickly, any pasta — including whole-grain — works well.

Preparation:

1. Bring a large saucepan of salted water to a boil. Add asparagus and blanch for 2 minutes, or until bright green and just barely tender. Use a slotted spoon and remove to a plate. Return water to a boil.
2. Add pasta to water and cook according to package directions. Drain and set aside.
3. Meanwhile, in a medium saucepan over medium-low, combine cooked chicken, broth and red pepper flakes. Heat until warmed through.
4. In a large bowl, combine asparagus, pasta and chicken with broth. Add butter and Parmesan, then toss well until melted and creamy. Season with salt and pepper.

THE ASSOCIATED PRESS

Ingredients :

- 500 g (1 lb) asparagus, trimmed, cut into 2.5-cm (1-inch) pieces
- 1 pkg (340 g/12 oz) fresh fettuccine
- 750 ml (3 cups) shredded cooked chicken
- 125 ml (1/2 cup) chicken broth
- Pinch red pepper flakes
- 250 ml (1 cup) grated Parmesan
- 30 ml (2 tbsp) butter, cut into small pieces
- Salt and ground black pepper, to taste

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club metro

Old magazines, junk get crafted into bowls, beads

Turn your pages into pretty things ◐ Non-profit groups and crafters in developing nations use paper-rolling as a means to learn business and entrepreneurial skills ◐ The practice is catching on in North Amercia too

THE ASSOCIATED PRESS

▶ A rolled-magazine basket project from The Big-Ass Book of Crafts by Mark Montano, a designer for TLC's While You Were Out.

When you're done with that magazine, don't toss it.

Clever crafters today are turning pages into pretty: beads, bowls, baskets, photo frames, mirrors and more. It's all made by rolling strips of shiny magazine paper, junk mail and other paper trash.

Some of the paper beads you can buy in craft and jewelry stores are made by women in developing countries.

A non-profit group called BeadforLife, in Boulder, Colo., for instance, trains Ugandan women in paper bead-making, then buys their finished jewelry for sale in the United States. Besides beading, the Ugandans learn business and entrepreneurial skills. They open bank accounts. And 18 months after joining BeadforLife's program, each graduate is expected to launch her own small business in her community.

Most succeed, says Torkin Wakefield, co-founder and co-director of BeadforLife. The non-profit has worked with more than 700 women since its 2004 inception, and paid nearly US$1 million to its jewelry makers last year.

"The problem with being really poor is you can't save or get ahead," says Wakefield. "The bead rolling gives them a steady income for all 18 months (of the program), so they don't have to worry."

Paper-rolling is also catching on among crafters in this part of the world. Rebecca Douglas, 23, of Lansing, Mich., learned how to roll paper beads as a child living in Namibia, and returned to the skill years later out of financial necessity.

Paper beads can be made out of nearly any paper trash; Douglas prefers to use catalogues and other unsolicited mail.

"It's my quiet protest against junk mail," she says.

Douglas also fashions rolled paper into larger objects: a waste basket, a mirror.

She snips off spirals from her paper rods to create delicate necklaces, which she sells from her Etsy shop, Reloved Designs. All of her creations — and instructions for many of them — can be seen on her blog, RelovedDesigns.com.

Some were adapted from The Big-Ass Book of Crafts (Simon Spotlight Entertainment, 2008) by Mark Montano, a designer for TLC's While You Were Out.

"I've kept my hands busy for so long now they can't handle not doing anything," says Douglas.

Another paper-beading fanatic is Janice Bautista, 52, who owns Aubrey's Beads shop in Glendora, Calif., and sells beads and jewelry online. She calls herself "the Paper Bead Princess" in the profile at her Etsy store, Janicemae, and posts a new use for paper beads daily on her blog, Paper Beads.org.

Bautista is crazy for the colours and shapes of paper beads, but it's the element of surprise that really grabs her.

"When you're rolling it, you'll slowly see the beads come to life," Bautista says.

Bautista has a sister in the Philippines, an avowed non-crafter who caught the paper-beading bug, then shared it with others. Now the sisters employ about 50 bead-rolling women in Quezon City, and Bautista receives about 200 36-bead strands a month to sell at her shops.

"It's driven by the idea of helping the women have jobs," Bautista says.

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▶This undated photo provided by Rebecca Douglas, of Lansing, Mich., shows a necklace she made with beads made from catalog pages.

Get rolling with junk mail

To get rolling, a few supplies help: paper, a rolling tool, glue or a glue stick, scissors and a water-based sealant, such as Polycrylic by Minwax.

Both Bautista and Douglas recommend recycling waste paper, and Bautista suggests experimenting with nontraditional paper, such as cat litter bags, which are sturdy. Rolling tools can be purchased at craft stores, but Bautista and Douglas recommend working with items in the home: a coffee stirrer, a toothpick, a pencil, even your finger. The larger the rolling tool, the larger the bead hole will be.

Bautista mostly relies on her tapestry needle, while Douglas uses her grandmother's metal, narrow-sized knitting needle, which she also uses to roll the rods for her spiral jewelry.

Many online sites, such as those listed below, offer paper-bead-rolling instructions, but it comes down to simply cutting a long strip of paper — preferably wider at one end; rolling it around the rolling tool (from wider to narrower end); gluing it; allowing the glue to dry, and sealing the bead.

Bautista says it's just about the easiest craft to teach.

Douglas suggests starting by hoarding junk mail.

"Start getting excited when you get catalogues in the mail for stuff you don't want," she says.

THE ASSOCIATED PRESS

DIY GLASS CLEANERS

QUESTION:
I tried switching to a safer, non-toxic glass cleaner but ended up with streaks and smudges. What's the deal?

Britt from Toronto

If you've been using conventional glass cleaners, you should take one small step before making the full leap to safer products. First, you need to clean up the toxic gunk traditional brands leave behind.

Grab a spray bottle and mix a five per cent solution of hydrogen peroxide to water. Spray onto the glass and mirrors in your home, and voila! This mixture will cut through the waxy film. Now you can start using safer products, especially products without ammonia (the vapours can irritate eyes and lungs).

Before you start shopping for an alternative store-bought brand, try this easy glass-cleaner recipe: one-part water to one-part white vinegar. For the more refined, a can of club soda added to a spray bottle will do. These cheap green cleaning solutions can be wiped off with yesterday's newspaper. You can even use this column once you're done with it!

▶ Clean up using safer, greener glass solutions.

Queen of Green

LINDSAY COULTER

SEND YOUR QUESTIONS TO QUEENOFGREEN@METRONEWS.CA. FOR MORE GREAT TIPS, VISIT THE DAVID SUZUKI FOUNDATION AT DAVIDSUZUKI.ORG

Green tip of the week

When doing your weekly grocery shopping look carefully for the food's source: Items with the Fair-Trade label are a great choice as they support third world projects and people, such as coffee farmers cross South America and Africa. METRO

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Being shy just won't fly

For people with social anxiety, the workplace can be an isolating place

DREW HINSHAW
LIFE@METRONEWS.CA

The grim news, as handed down from the human genome project: Shyness may very well be genetic, an inescapable condition passed out at birth to thwart, among other pursuits, your career.

"If you can find a way to work that worst of all critics, the one inside of you, you'll find you're a lot more capable of working with those critics that are outside of you." STEVE FLOWERS

For the hopelessly shy, the contemporary workplace can be a dreadful and alienating environment — full of perceived slights and projected criticism.

"You live in a private world when you're shy, a world that is full of projections about what everybody else thinks," says Steve Flowers, author of The Mindful Path Through Shyness. "It isolates you from other people and leads you to be self-critical and harbor self-doubts. You begin to suspect that you're not as good as others."

Properly played, however, a touch of timidity can be a workplace asset. Super self-conscious workers are often more attentive to others, needs and more understanding of their faults.

"Social anxiety makes you feel a little sense of compassion for what others might be going through," Flowers says.

Moreover, he adds, it's a condition that can be addressed through non-pharmaceutical means far cheaper than the selective serotonin re-uptake inhibitors peddled on antidepressant ads.

The psychotherapist recommends that workers with social anxiety take time out before important meetings or high-pressure situations to simply be.

"Spend the first 10 or 15 minutes before your big business meeting doing your best just to be in the moment," Flowers says. "Listen to the sounds of the office. Shift away from this whole notion of trying to impress people, which is a mental state, to a physical world of sensation."

▶ A touch of timidity can be an asset in the workplace.

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Visit Elections Canada's Web site at www.elections.ca. Click on "Returning Officer" to download the application form, the job description and other relevant documents. For more information or for a copy of these documents, you may also call 1-800-463-6868.

Applications must be received by midnight on Tuesday, September 7, 2010.

Cette offre d'emploi est également disponible en français à www.elections.ca.

Elections Canada is an independent body set up by Parliament to conduct federal elections, by-elections and referendums.

Elections Canada

Nothing to brag about

Put your best foot forward on the first day, but don't flaunt your skills

DREW HINSHAW
LIFE@METRONEWS.CA

You may want to flaunt your exquisite work ethic, but know what's expected. "Have a specific meeting with your direct boss," Pollak says. "Ask, 'What will be a home run for the first 60 or 90 days?'"

The thrill of a new job — ah, the crisp collared shirts and even crisper employment forms to autograph — can come with a newfound burst of career adrenaline: This is your new world to conquer, a chance to work harder than ever, for sure. But be careful — career counselors warn that the urge to make a banging first impression can be its own trap. "You don't have to go in there proving yourself," says Barbara Frankel, a leadership coach with Career Counselors Consortium. "Just listen and learn."

▶ A little humility goes a long way.

It's a conundrum: You're hired for skills and knowledge you've picked up elsewhere — all well and good. But resist contrasting your old workplace to the new. "Wait to be asked," Frankel suggests. And while you may have fresh observations to offer, hold back. "Write them down in a journal, but don't do anything with them," Frankel says. "It will be interesting six months from now."

Meanwhile, get comfortable. "Read the company's website. Start subscribing to industry newsletters," says careers blogger Lindsey Pollak. "Walk around the building. Find the bathroom. You'll want to feel like you belong."

Turn on the charm: "Be appreciative to everyone around you," Frankel adds. "Learn names quickly. Smile and greet people each day. "Eventually, a buzz starts happening about who you are." Happy hour can enhance that buzz. "After-work get-togethers are so important to developing relationships," Frankel says.

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Shouldering the load

Proper backpack choice, use may prevent future injury The ideal pack has two wide, padded straps

REBECCA WILSON/THE ASSOCIATED PRESS

There's more to selecting the right backpack than looking stylish.

Some students may favour fashion over function when it comes to the bag they'll use to tote their books and supplies as they head back to class.

But the president of the Ontario Kinesiology Association says there's more to selecting the right backpack than looking stylish — particularly if students want to avoid potential injuries or chronic conditions that may arise from wearing overloaded bags.

Mike Dickin said the ideal backpack has two wide, padded straps worn over both shoulders.

"Dual straps load the weight evenly against the child's back and don't cause them to have to move or compensate by moving in certain directions or leaning in certain directions to compensate for the weight," he said from Shelburne, Ont.

And while some kids may not find it cool, Dickin said a good backpack also has a waist strap which helps to distribute some of the weight of the pack onto the hips rather than the shoulders.

Dickin said backpacks shouldn't be loaded any heavier than 15 per cent of a child's weight. For a 50-pound child, that translates to 7 1/2 pounds to carry, he noted.

When kids are trying on backpacks in stores, parents should ensure the top of the pack starts around the bottom of the neckline and doesn't extend any further than the low back, he suggests. Parents also should make sure that the straps have enough range on them that the child can wear the backpack tight against their back, but not so tight that it's riding too high.

"Often if you are watching kids walk to school, you may see sometimes the child that has the backpack sort of lifted up very high on their back, and the top of the backpack is hanging far back off of their body," Dickin said.

"Those are the sorts of things we don't want to see happening over the long run because they can lead to postural and muscle difficulties for children over the long span."

While backpacks remain a mainstay, they're no longer the lone school tote on the landscape.

backpack tip

Mike Dickin recommends that anyone carrying a backpack regularly do exercises to maintain a strong core. Adding in stretching can help balance things out, he said.

Dickin said the backpacks on wheels that feature a pull option are excellent, especially if they're regularly loaded heavier than it ideally should be for the size of the child. However, using these totes improperly can also lead to problems and parents and caregivers should still ensure kids are cautious.

"It's important to make sure that the handle that is being pulled comes to about waist level on the child so that they're not leaning or bending in order to pull the backpack," Dickin said.

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Fresh food on campus

Canadian campuses have become a haven for local produce at student-run farmers' markets

MATT TERRY/HANDOUT/THE CANADIAN PRESS

▶ Fresh locally grown fruits and vegetables and other artisanal products are turning up on Canadian campuses.

Fresh locally grown fruits and vegetables and other artisanal products are turning up on Canadian campuses as students embrace the trend of shopping at farmers markets.

McMaster University in Hamilton has just launched a market, the result of student Mary Koziol's passion for local food. It runs every Thursday in the centre of the campus.

"It's a completely not-for-profit venture," says the 22-year-old president of the university's student union. "But it's a start in terms of offering healthy and local options to those who study, work, and visit the McMaster campus."

At Brock University in St. Catharines, Ont., about a dozen local vendors bearing fruits, vegetables, cured meats, fresh lamb, cheeses, freshly baked bread and maple syrup descend on the campus every Friday. "We do it outdoors and have a barbecue going as well as live entertainment," says university spokesman Iain Glass, adding, "It is the social event of the week, a wonderful break for students and others as well."

Although the McMaster market is run by students, Koziol says the farmers who supply the produce "are invited to come and share their invaluable knowledge with us."

So far they have managed to source three area growers of fresh produce as a beginning, she says.

Robert Chorney, executive director of Farmers' Markets Ontario and chairman of Farmers' Markets Canada, says the campus markets are so far relatively unknown by his organization. "We have had inquiries from a few universities, but I know very little about what is going on with them," he says. "We would be glad to help them in any way we can because it is so positive to see the students keen on local, fresh, nutritional food."

Dalhousie University in Halifax doesn't have a farmers market, but it has put in community gardens so students can grow fruits and vegetables, says university spokesman Charles Crosby.

The University of Waterloo's market is located in the Student Life Centre and is operated by student volunteers, says media spokesman John Morris.

Students teamed up with the university's Food Services division and produce is sourced from the Mennonite-run Elmira Produce Auction Co-operative.

THE CANADIAN PRESS

Student growth

- **One of the** most ambitious projects is the farm at the University of British Columbia in Vancouver. Its market has become so successful that it runs twice a week, Wednesday and Saturday.
- "This is a pretty unique connection," says Mark Bomford, director for Sustainable Food Systems at the farm. "Most farmers markets rely on produce grown somewhere else, but the food for our market is grown right in our fields."

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4 sports

Stymies Jays bats

- Porcello limits Jays to three hits
- Toronto didn't record its first baserunner until the fourth inning

10	4
TIGERS	BLUE JAYS

Chalk it up to a learning experience for Blue Jays left-hander Marc Rzepczynski.

While Detroit's Rick Porcello held Toronto to three hits — including a solo homer by John McDonald — over seven innings, Rzepczynski struggled in a 10-4 loss to the Tigers before a crowd of 26,624 at Rogers Centre.

Rzepczynski lasted 5⅔ innings yesterday and allowed four runs and five hits with eight strikeouts before Jesse Carlson took over with the bases loaded in the sixth.

"Zep has got to get down in the strike zone," said Blue Jays manager Cito Gaston.

"He's got to get ground balls and he's got to throw strikes. He was a little better than last time out, that's for sure, but if you're going to pitch up here you've got to keep the ball down because he's a sinker-ball pitcher. He can't stay up in the strike zone."

Rzepczynski, who also gave up five walks during the outing, said despite the rough day he felt like he was still improving.

"I felt like I'm heading in the right direction," he said. "I feel I got back to where I was last year. Especially with my off-speed pitches. I didn't have one two starts ago and then finally I had a slider and a curveball, which was the best consistently it's been all year.

"But then I also overthrew a couple of pitches. So I'll take it as a step in the right direction, but I've still got a lot to work on."

Adam Lind hit a three-run homer, his 19th of the season, in the ninth against Jose Valverde.

The Tigers had two home runs and four runs batted in by Ryan Raburn against Jesse Carlson and Brian Tallet and a two-run homer by Brandon Inge against Carlson.

The Tigers gained a split in the four-game series and the teams finished their season series at 4-4.

Porcello did not allow a walk and struck out four before Phil Coke took over in the eighth.

The Blue Jays (68-62) now return to AL East opponents starting today with a three-game series in Tampa Bay followed by a three-game series in New York against the Yankees.

THE CANADIAN PRESS

TORSTAR NEWS SERVICE

▶ Jose Bautista swings and misses yesterday during the Jays' 10-4 loss to the Detroit Tigers.

Quoted

"It just got to me. Emotion caught up. I'm a very, very proud man today, and this was probably was the proudest day of my life."
FRANK THOMAS, ON HAVING HIS NUMBER RETIRED BY THE CHICAGO WHITE SOX YESTERDAY.

"You want to talk White Sox, Frank Thomas' name has got to be No. 1 ... I think Frank Thomas did stuff for this organization that people are not going to forget."
OZZIE GUILLEN, THOMAS' FORMER TEAMMATE AND MANAGER

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DARKO VOJINOVIC/THE ASSOCIATED PRESS

▶ Jermaine Anderson drives to the basket.

Anderson can't beat buzzer, Canada still looking for victory

As Jermaine Anderson put up a last-second three-pointer, he had every reason to think Canada was about to get its first win at the world basketball championships.

The Canadians were hot from beyond the arc early against Lithuania, but after driving down the sideline with the ball in the frantic final moments yesterday, Anderson missed the three and Canada lost 70-68.

"There was about two seconds when I looked up," said Anderson.

"Even if I drove it would have been good shot. I thought I would pull up where I hit a little bit of daylight, but the shot just didn't drop."

Time might be running out on Canada's chances to advance into the knockout rounds in Istanbul. With two losses already, a loss against France in its next game tomorrow would likely keep Canada from finishing in the top four of six Group D teams.

"We don't plan on giving up, and the players are not going to give up," Canadian head coach Leo Rautins said in a release.

THE CANADIAN PRESS

15
Jermaine Anderson led Canada with 15 points and five assists. Joel Anthony recorded 12 points, five rebounds and four blocked shots, while Denham Brown knocked down 11 points.

Cricket rocked by fixing allegations

Newspaper claims businessman arranged for Pakistan players to make errors in exchange for money **Police have interviewed team members**

It's just not cricket.

Renowned for sportsmanship, good manners and genteel history, the sport got some unwanted attention yesterday when a sting operation by a British newspaper ended with police interviewing three players from the Pakistan national team over allegations of match-fixing.

This isn't quite the Black Sox throwing the 1919 World Series, but the upshot is the same — a big-money sport followed by millions is plunged into scandal and self-analysis.

"Obviously, we are not delighted," Pakistan team manager Yawar Saeed said. "Allegations are only one thing. They are all serious, whether they are small or big."

Cricket is the de facto national sport in Pakistan, India, Australia and elsewhere in the former British empire, where star players make millions and receive the same kind of treatment lavished on professional hockey, football or baseball players in North America.

But the allegations in yesterday's edition of the News of the World tabloid put the spotlight squarely on Lord's, the 196-year-old stadium known as the home of cricket.

Paper's claims

- The News of the World claimed to have secretly filmed undercover reporters, posing as front men for a East Asian gambling cartel, in discussion with a man it identified as businessman Mazhar Majeed.
- Majeed appears to accept $232,000 US in order to make sure no-balls are bowled at certain times during the match.

While there's been no suggestion that Pakistan conspired to lose its match against England, Scotland Yard police have questioned two players over allegations they accepted money from gamblers to deliberately bowl (or throw) no-balls — an illegal delivery that is the equivalent of a pitcher's balk in baseball — at certain points during the match.

After all, bookmakers don't simply take bets on the results of matches. They offer odds on just about everything — the number of catches in a game, the amount of time it lasts and, in this case, when bowlers will be penalized by the umpire for a foul throw.

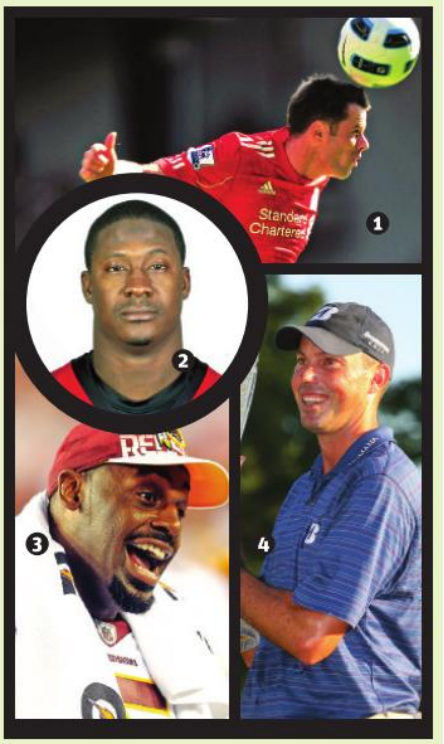
THE ASSOCIATED PRESS

CLIVE ROSE/GETTY IMAGES

▶ Mohammad Amir of Pakistan looks on Friday during a match against England.

Sports in pictures

PHOTOS
1. SHAUN BOTTERILL/GETTY IMAGES
2. NFL PHOTOS
3. GREG FIUME/GETTY IMAGES
4. HUNTER MARTIN/GETTY IMAGES



1 Liverpool beat West Bromwich Albion 1-0 yesterday to claim its first win of the season in the Premier League.

2 Wide receiver Antonio Bryant was released yesterday by the Cincinnati Bengals.

3 Mike Shanahan says he's not certain Donovan McNabb will be available for the Washington Redskins' season opener.

4 Matt Kuchar beat Martin Laird in a playoff at The Barclays. Kuchar closed with a 5-under 66.

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JOHN WOODS/THE ASSOCIATED PRESS

▶ Michelle Wie celebrates her victory.

Wie by three at Canadian Open

- Twenty-year-old golfer shoots a 2-under-par 70 to win in Winnipeg
- Canada's Lorie Kane finishes 11th after mounting a late surge

Rain wasn't the reason Michelle Wie was drenched after winning her second career victory at the CN Canadian Women's Open yesterday.

After the 20-year-old Hawaiian shot a 2-under-par 70 for a three-stroke victory, her longtime friend and fellow American player Christina Kim sprayed her with champagne on the 18th green.

"I was trying to run away from her," Wie said with a laugh.

"All I was thinking in my mind was, 'I'm wearing white pants — please be nice, Tina.'"

Wie was 12-under 276 for the tournament and earned $337,500 US from the $2.25-million event, the only LPGA Tour stop in Canada. Her first career win was last November at the Lorena Ochoa Invitational during her rookie season.

Wie led wire-to-wire at the Open, including an opening-round 65 featuring the second hole-in-one of her pro career.

Heading into the final round, which saw dark clouds roll in with a few brief raindrops late in the day, Wie shared the top of the leaderboard with Jiyai Shin of South Korea at 10-under.

Shin shot a 1-over 73 and tied for second with Kristy McPherson of South Carolina (66), defending champion Suzann Pettersen of Norway (69) and Jee Lee Young from South Korea (69).

The four each took home a cheque for $142,248.

In-Kyung Kim of South Korea (69) was sixth while Morgan Pressel of the U.S. (69) was seventh.

Ranked No. 12 on the World Rolex Rankings, Wie had five birdies, including on the 13th, 14th and 15th holes.

"I made a lot of crucial putts today," said Wie, who at 10 years old was the youngest player to qualify for the U.S. Amateur Championship.

That wasn't the same story for Shin, who is ranked No. 4 in the world.

"My shot was really good, but my putting was so bad," said Shin, 22, who has four victories since joining the tour last season and seven overall.

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Other players

- Lorie Kane of Charlottetown was the low Canadian of the three Canucks in the 73-player field. She surged up the leaderboard with a 5-under 67 to end the day tied for 11th, her best finish since 2008.
- Adrienne White of Red Deer, Alta., bogeyed three of her last five holes for a 73, which tied her for 54th, while Montreal's Lisa Meldrum was 4-over 76 and finished tied for 60th.
- Ai Miyazato of Japan was the No. 1-ranked player heading into the Open and finished tied for 15th, while No. 2 Cristie Kerr of Florida tied for eighth.

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Scoreboard

BASEBALL

AL EAST

	W	L	Pct	GB
NEW YORK	80	50	.615	-
TAMPA BAY	79	50	.612	0.5
BOSTON	74	56	.569	6
TORONTO	68	62	.523	12
BALTIMORE	48	83	.366	32.5

AL CENTRAL

	W	L	Pct	GB
MINNESOTA	75	56	.573	-
CHICAGO	70	60	.538	4.5
DETROIT	65	66	.496	10
KANSAS CITY	55	75	.423	19.5
CLEVELAND	53	77	.408	21.5

AL WEST

	W	L	Pct	GB
TEXAS	73	57	.562	-
OAKLAND	65	64	.504	7.5
LOS ANGELES	63	68	.481	10.5
SEATTLE	51	79	.392	22

Yesterday's AL results

Kansas City 6 Cleveland 2
Detroit 10 Toronto 4
N.Y. Yankees 2 Chicago White Sox 1
Oakland 8 Texas 2
Baltimore 1 L.A. Angels 0
Seattle 2 Minnesota 1
Boston at Tampa Bay

Today's AL games

Chicago White Sox at Cleveland, 7:05 p.m.
Oakland at N.Y. Yankees, 7:05 p.m.
Toronto at Tampa Bay, 7:10 p.m.
Texas at Kansas City, 8:10 p.m.
L.A. Angels at Seattle, 10:10 p.m.

NL EAST

	W	L	Pct	GB
ATLANTA	75	55	.577	-
PHILADELPHIA	73	57	.562	2
FLORIDA	65	64	.504	9.5
NEW YORK	65	65	.500	10
WASHINGTON	56	75	.427	19.5

NL CENTRAL

	W	L	Pct	GB
CINCINNATI	75	55	.577	-
ST. LOUIS	69	59	.539	5
MILWAUKEE	62	68	.477	13
HOUSTON	59	71	.454	16
CHICAGO	55	76	.420	20.5
PITTSBURGH	43	87	.331	32

NL WEST

	W	L	Pct	GB
SAN DIEGO	76	53	.589	-
SAN FRANCISCO	72	59	.550	5
COLORADO	68	61	.527	8
LOS ANGELES	67	64	.511	10
ARIZONA	52	79	.397	25

Yesterday's NL results

Cincinnati 7 Chicago Cubs 5
N.Y. Mets 5 Houston 1
Atlanta 7 Florida 6
Washington 4 St. Louis 2
Milwaukee 8 Pittsburgh 4
L.A. Dodgers at Colorado
Arizona at San Francisco
Philadelphia at San Diego

Today's NL games

Milwaukee at Cincinnati, 7:10 p.m.
N.Y. Mets at Atlanta, 7:10 p.m.
Washington at Florida, 7:10 p.m.
Pittsburgh at Chicago Cubs, 8:05 p.m.
St. Louis at Houston, 8:05 p.m.
San Diego at Arizona, 9:40 p.m.
Philadelphia at L.A. Dodgers, 10:10 p.m.
Colorado at San Francisco, 10:15 p.m.

TRANSACTIONS

American League

KANSAS CITY ROYALS-Placed RHP Kanekoa Texeira on the 15-day DL, retroactive to Aug. 28. Reinstated RHP Robinson Tejeda from the 15-day DL.

NFL

CINCINNATI BENGALS-Released WR Antonio Bryant and LS Mike Windt. Placed S Gibril Wilson on injured reserve.
INDIANAPOLIS COLTS-Waived WR Dudley Guice, OT Andrew Tyshovnytsky, LB Trevor Anderson and PK Garrett Lindholm. Placed DB Marcus McCauley on injured reserve. Claimed DB Danny Gorrer off waivers from New Orleans.
KANSAS CITY CHIEFS-Released OL Tyler Eastman, RB Kestahn Moore, TE Cody Slate and QB Bill Stull.
NEW YORK JETS-Released WR Laveranues Coles, WR Aundrae Allison, WR Marcus Henry and DL Rodrique Wright.
ST. LOUIS RAMS-Released CB Marcus Brown, G Joe Gibbs and RB Jamie McCoy.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
MONTREAL	8	6	2	0	269	193	12
TORONTO	8	5	3	0	191	215	10
HAMILTON	8	4	4	0	201	215	8
WINNIPEG	8	2	6	0	224	244	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
CALGARY	8	7	1	0	271	177	14
SASK.	8	5	3	0	249	213	10
EDMONTON	8	2	6	0	162	253	4
B.C.	8	1	7	0	170	227	2

Friday's result

Calgary 48 B.C. 35

Saturday's result

Edmonton 17 Saskatchewan 14

Morrow down to his final start

Toronto Blue Jays right-hander Brandon Morrow will make one more start this season to keep his innings pitched under control.

Morrow, who won Saturday's game against the Detroit Tigers, will start next Sept. 3 against the New York Yankees and then adjustments will be made in the rotation that will include a call-up from the minors when rosters expand in September, the club announced yesterday.

This is Morrow's first full season as a starter and after striking out nine in six innings against the Tigers Saturday he has pitched 143⅓ innings.

General manager Alex Anthopoulos said there's nothing physically wrong with Morrow, who is 10-6 with a 4.27 ERA in 25 starts, but rather it's a matter of keeping his innings at about 20 per cent more than last season.

Morrow was obtained from the Seattle Mariners in an off-season trade.

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▶ Brandon Morrow

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Crossword

Across

1 Smooch
5 Light-switch setting
8 Golf ball holders
12 Handel's "Messiah," e.g.
14 And others (Abbr.)
15 Aardvark
16 Emanation
17 Donkey
18 With almost no effort
20 Grown-up
23 Competent
24 Scottish girl
25 Moviehouse
28 Compass dir.
29 The — and the Papas
30 Disencumber
32 "— love hath no man ..."
34 Typical dog's name
35 Catcher's aid
36 Environmentally friendly
37 Briny
40 — Lanka
41 Arkin orAlda
42 Fast-firing rifle
47 Heard reveille
48 Move to another country
49 Appear
50 Press for payment
51 Hosiery mishap

Down

1 — constrictor
2 Coffee vessel
3 Perched
4 Filches
5 Table scraps
6 "A pox upon thee!"
7 Ancestor
8 Afternoon service?
9 Needle case
10 Viscount's superior
11 Do in
13 Brewer's kiln
19 "Sad to say, ..."
20 Hearty quaff
21 "Phooey!"
22 Addict
23 Record producer Ertegun
25 In shreds
26 See 39-Down
27 Roller coaster, for one
29 Primary
31 Mafia bigwig
33 Marshall Mathers' nom de rap
34 Monks
36 Diver Louganis
37 Cutting tools
38 Lotion additive
39 With 26-Down, War of 1812 battle site
40 Whirl
43 Ostrich's cousin
44 Light brown
45 Greek vowel
46 — U.S. Pat. Off.

▶ Yesterday's answer

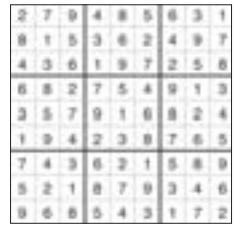
Sudoku

		7				3	6	
1	3						5	
			2		3	4		
		5			7	8		6
			5		6			
8		2	3			1		
		9	6		4			
	2						8	4
	1	6				9		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



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Brad...
How is it possible that we are celebrating our 30th Anniversary, when we are still only 25? I love you more today that yesterday, but not as much as tomorrow! Happy Anniversary, Babe!
LOVE, BARB XO

Curtis, Je t'aime avec tout mon coeur pour toujours. Kissy kissy Mwah
NIKI

My dearest Jaclyn you complete. I could not imagine my life without you. You are so beautiful! I will love you always.
LOVE MOE

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You may find it hard to say sorry for what you said or did over the weekend, but make the effort because the last thing you need is for bad feelings to spoil will be an excellent week.

♉ Taurus April 21-May 21 Something will happen today that triggers an excessive reaction on your part. Later on, when you've managed to calm down a bit, you'll wonder why you responded in such a forthright manner.

♊ Gemini May 22-June 21 Get up and get out and start making things happen. There are so many good things in life that could have your name written on them, but you must go out and look for them.

♋ Cancer June 22-July 22 Your confidence will be sky-high as the new week begins and you will no doubt wonder why you allowed yourself to get so down earlier in the month.

♌ Leo July 23-Aug.23 The current cosmic picture suggests you are worried that if you draw attention to yourself you might end up looking silly. On the contrary, you're a Leo and Leos never look silly.

♍ Virgo Aug. 24- Sept. 22 It may seem as if you can do no wrong at the moment but the planets warn there is someone out there who is looking for an opportunity to bring you down and profit at your expense, so be careful. Success breeds rivals.

♎ Libra Sept. 23-Oct. 23 Act as if you believe in yourself, even if you are far from sure that you know what you are doing.

♏ Scorpio Oct. 24-Nov. 22 Opportunity is knocking and all you have to do is get up and answer the door. It's time to get up and get going.

♐ Sagittarius Nov. 23-Dec. 21 Put your own needs first today and get ready for accusations that you think only of yourself. It isn't true, of course, but every now and again you need to be selfish.

♑ Capricorn Dec. 22-Jan. 20 Honesty is a must as the new week begins, even if some of the things you have to say are hardly likely to make you popular. That's okay. As a Capricorn you don't care what others think about you. You care only for results.

♒ Aquarius Jan. 21-Feb. 18 Things are not as bad as you fear, financially at least, so stop worrying about how you are going to make ends meet and focus your mind on more positive thoughts. Be creative and your cash flow will take care of itself.

♓ Pisces Feb. 19-March 20 If you think lucky and act lucky today chances are you will enjoy an extremely fortunate week. Your best opportunities for success will come through other people, so don't cut yourself off from the world. Be sociable. SALLY BROMPTON

JOANN BIONDI/THE ASSOCIATED PRESS

Caption contest

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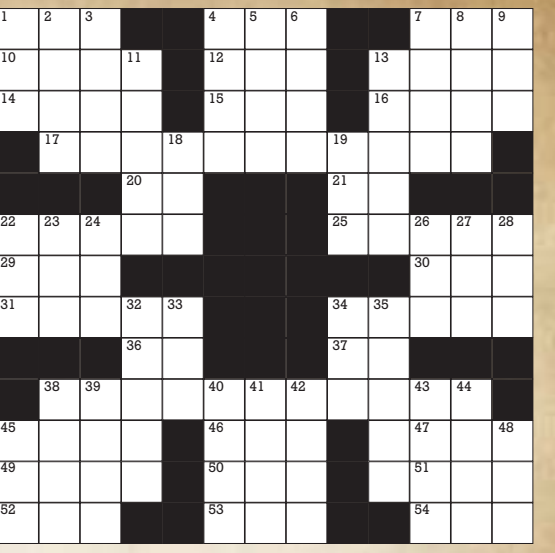
PUZZLES FOR THE METRO WORLD

Sudoku*

	2	9			4	5	8	6
4			8					3
3			9					1
7			1				5	
	6	3					2	
5			2			4		
9			5			6		
2			6		1			
	8	7			3			

Crossword*



Across

1 Lager
4 Young boy
7 Before
10 Stoppers
12 Spanish cheer
13 Smack
14 Between K and P
15 Type of dream sleep
16 1981 Tom Cruise film
17 Player
20 "-- Sir, With Love"
21 Deal -- No Deal
22 High-handed
25 Things
29 Wheel of Fortune purchase (2 words)
30 Large snake
31 Bays at the moon
34 Hotel check-in area
36 Bone
37 One Day -- a Time
38 Alliance
45 Merge
46 Time frame
47 For always
49 Sign on garage sale table (2 words)
50 Star of Alice
51 Merit
52 The Addams Family cousin
53 Compass bearing (abbr.)
54 Non Sufficient Funds (abbr.)

Down

1 Complete
2 Lax
3 Ms. Ferber
4 Loughlin of 90210
5 Actor Baldwin
6 Moore of "G.I. Jane"
7 Draft
8 Intent
9 File format
11 Varieties
13 Begin
18 Child's plaything
19 Type of Hawaiian food
22 --- Humbug!
23 Mrs. John Lennon
24 Hem a skirt
26 Recede
27 Unruly crowd
28 You don't ---!
32 Earls
33 Supersonic aircraft
34 --- Vegas
35 Alternate
38 Vermin
39 Landed
40 Campbell of Party of Five
41 Middle daughter on The Waltons
42 The Amazing ----
43 Producer Reitman
44 Cats and dogs
45 Tropical drink
---- Tai
48 Soccer arbiter, for short

*Sudoku and Crossword puzzles are not included in the Professor Layton series of games.

Nintendo

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